

The Center at Priscilla Place
Senior Center serving adults age 55+
July 2017
23 Priscilla Place • (203) 452-5199
Monday through Friday 9:00 AM—4:00 PM

Time to Renew Your Membership!

Trumbull Senior Center membership renewal was due July 1, 2017. The fee for residents is \$5.00 and non-residents is \$20.00. All current members and new members are required to fill out a new membership application.



The Membership Makes This Place Great!



Wednesday, July 26th at 12:30 PM



See page 6 for more information.

Patriotic Luncheon

July 20th
12:00 PM

Join us in the courtyard for a patriotic luncheon to celebrate the summer!

DJ Al Song will provide the music.

The lunch menu for the day includes:
Tossed Salad, BBQ Chicken, Mac & Cheese,
Braised Greens and Coconut Custard Pie

Suggested donation of \$3.25

You must register by calling (203) 452-5137.

Because we are collaborating with our congregate lunch program, all attendees are required to fill out a lunch registration form.



Strength Training Workshop

8 Weeks with Jeannie

Thursdays at 10:30 AM

July 13th, 20th, 27th

August 3rd, 10th, 17th, 24th, 31st

This strength training class will teach you to build strength isometrically using muscle against muscle. You will feel stronger and more flexible.

Please bring a towel, mat and your smile!

Lending Library

Did you know we have a small book exchange here at the center?

Stop by and check it out!

Borrow a book, keep a book, or donate a book!



Like us on
facebook



The Trumbull Senior Center acts as a community resource and conduit to other services available to senior adults, aged 55 and older. The center offers a central location where individuals can receive information and services of interest to older adults. It is also a designated focal point, which provides a comprehensive delivery of services essential for maintaining the health, independence and well-being for members. The center strives to prevent isolation and encourages socialization.



First Selectman (203) 452-5005
Timothy M. Herbst

Senior Commission Chair (203) 261-0872
Amy DeZenzo

Director of Human Services (203) 452-5199
Michele Jakab

Administrative Assistant (203) 452-5137
Ashley Ryan Grace

Senior Center Receptionist (203) 452-5199
Jeannie Franco

Social Services (203) 452-5198
Jennifer Gillis: Outreach Coordinator

Jane Horton: Pantry Coordinator
(203) 452-5135

Volunteer Opportunity

Looking for a front desk volunteer one day a week.

Customer service and computer skills required.

Proficient in Microsoft Word, Excel and Outlook.

Stop by the front desk to pick up an application.

Trumbull homeowners may be eligible for a tax credit.

Wish List:

- Apple TV (to stream movies)
- Pens
- Coffee

The Trumbull Community Center Study & Building Committee proudly introduce Conceptual Designs for a proposed Community Center. They are available for viewing in the Senior Center lobby.



Trumbull Community Center

Renderings

2017 Senior Citizen Commission

Chairman - Amy DeZenzo
Vice-Chairman - Dee Chiota
Secretary - Gail D'Elia
Clerk - Barbara Crandall
Ron Foligno, Roberta Bellows
Evelyn Wiesner, Dorothy Merritt



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Monthly Programs and Games

Computer Tutor: One on One Sessions

Cathleen Lindstrom

**Every Wednesday and Thursday
10:30 AM—12:00 PM**

- How to send emails/photos
- How to create a spreadsheet or lists
- What programs to use for letter writing and/or flyers.
- How to use the internet, social media
- How to do almost anything!

For more information and to sign up, please call (203) 452-5137. **Spots fill quickly.** The cost is a suggested donation of \$5.00 for non residents. There is no charge for residents. If you have a laptop computer, please bring it in.



The Wellness Nurse

(203) 452-5134



The Wellness Nurse is available at the Senior Center on Tuesdays, Wednesdays, Thursdays and Fridays from 9:00 AM—1:00 PM. She is also available at Stern Village Housing in Trumbull on Mondays from 9:00 AM—12:30 PM.

Wellness Nurse Services:

- **Assesses and records blood pressure readings, nutritional counseling and weight management support**
- **Provides assistance with making doctor appointments**

Monthly Birthday Party

Friday, July 21st

11:30 AM

Come celebrate our July birthdays! Cake and coffee will be served. This event is sponsored by Synergy Home Care. To RSVP, please call (203) 452-5137.

Lunch and Movie

Friday, July 28th

11:30 AM—1:00 PM

Sponsored by Ludlowe Center for Health and Rehabilitation.

Feature Film:

Beauty and the Beast

A beautiful young woman realizes she has fallen in love with a beast who has a big, kind heart.

To RSVP, please call (203) 452-5137.

Lunch Program

Join us for a hot lunch Monday-Friday at 11:45 AM.

Reservations are required two days in advance.

Call (203) 378-3086

See page 12 for our menu.

The Computer Bar:

**Closed for the summer.
Stay tuned for new computer classes this Fall!**

Games



Bingo

Friday, July 21st

1:00 PM—2:30 PM

Prizes and refreshments! Seating is limited. Please RSVP by calling (203) 452-5137. This event is sponsored by the Trumbull Senior Commission and Synergy Home Care.

Bocce Ball

Mondays

9:00 AM

With the welcome of Spring and the beautiful weather, join us outside for a fun game of Bocce Ball.

Poker

Mondays and Thursdays

9:00 AM—3:30 PM

Come join us for a fun game of poker. Don't forget to bring your poker face! Located in the card room.

Texas Hold'em

Wednesdays and Fridays

10:00 AM—3:30 PM

Interested in playing Texas Hold'em? Join us in the card room.

Pinochle

Wednesdays and Thursdays

Fridays

12:30 PM

Join a game and/or start your own!

Mah-Jongg

Fridays

12:30 PM

Mah-Jongg players meet Friday afternoons in the library and the meeting room. New players are welcomed to join!



Workshops, Lunch and Learns, Events

Lunch & Learn

Don't Take Meds? Or Do You?

What Can the Pharmacist Do For You?

Wednesday, July 19th—11:30 AM

Did you know that Trumbull Pharmacy not only delivers your medications, but they also deliver any over the counter items and groceries? Join Trumbull Pharmacy for an informative presentation and stay for lunch.

To RSVP, please call (203) 452-5137.

Patriotic Luncheon

Thursday, July 20th—12:00 PM

Join us for a fun patriotic picnic with great food and music.

The lunch includes a tossed salad, BBQ Chicken, Mac & Cheese and Coconut Custard Pie. Suggested donation of \$3.25. You must RSVP by calling (203) 452-5137.

All participants are required to fill out a lunch registration form.

AARP Safe Drivers Course

Friday, July 28th

9:00 AM—1:00 PM

AARP members pay \$15.00 and non members pay \$20.00. Reservations made by check only. To RSVP, please call (203) 452-5137.

Lunch & Learn

Ancestry/Genealogy Program

Monday, July 31st

10:30 AM—11:30 AM

Right at Home of Greater Fairfield County will be presenting a free Ancestry/Genealogy program.

A light lunch will be served after the program. To RSVP, please call (203) 452-5137.

Hurricane Season is Here

Recommended Items to Include in a Basic Emergency Supply Kit

- One gallon of water per person per day for at least three days, for drinking and sanitation
- At least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- A whistle to signal for help
- Garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- A manual can opener for food (if kit contains canned food)
- Local maps
- Cell phone with chargers, inverter or solar charger
- Food and litter requirements for any pets
- Medicine or any special need items, including diapers for infants.

Connecticut residents are encouraged to download the state's emergency preparedness app for smart phone and tablet devices. The app is available free of charge and can be downloaded in the Apple iTunes store and the Google Play store by searching "CT Prepares."

Sue's Salon

Haircuts for men & women

Manicures & pedicures performed by a licensed professional.

For an appointment, call (203) 981-7061

Price List:

Shampoo/set/blow dry: \$15.00

Shampoo/cut: \$18.00

Neck Trim: \$10.00

Color/cut/set: \$50.00 +

Perm/wash/cut/set/blow dry: \$65.00



Magic Mike

Join Magician, Mike Ganino, every Wednesday at 11:00 AM to learn new magic tricks that help with brainpower and coordination. Grandchildren are always welcomed to join in the fun!

For more information and to RSVP, please call (203) 452-5137.





Stretch/Strengthen with Nancy-Mondays at 9:00 AM Stretch, balance, aerobic and strength exercises to improve flexibility and endurance. Optional: bring weights.

International Folk Dance with Leng -Mondays at 10:00 AM A wonderful exercise for your mind, body and spirit.

Intermediate Line Dance with Shirley-Mondays at 12:45 PM Line dance to different types of music.

Yoga with Jeannie-Mondays at 2:00 PM and Wednesdays at 9:00 AM This is an ancient practice that focuses on rhythmic deep breathing, balance, strength and flexibility.

Fit for Life Exercise with Marylou-Tuesdays at 9:15 AM Low-impact aerobic exercise/dance (including a weights segment). Focus, balance, flexibility, strength and endurance.

Ballroom Dance with Mike Stavola-Tuesdays at 10:30 AM Ballroom dance lessons with or without a partner.

Zumba Lessons with Mike Stavola-Tuesdays at 11:30 AM Have fun while you dance to energetic music!

Tai Chi Quan for Better Balance with Alma-Tuesdays at 1:30 PM Focuses on improving balance, reducing stress and clearing your mind.

Jazzercise with Marylou-Wednesdays at 10:10 AM Combination of low-impact aerobic exercise and dance that focuses on balance, flexibility, and strength.

Tap Dance with Shirley-Wednesdays at 11:00 AM Experience required. Please bring your own tap shoes.

Balance, Core Strengthening and Stretch (Pilates)-with Jeannie-Thursdays at 9:00 AM This class focuses on breath, balance, core and total body strength and stretching. Bring your mat.

Strength Training with Jeannie-Thursdays at 10:30 AM Build strength and muscle while feeling stronger and more flexible. Please bring a towel and mat.

Feldenkrais with Cathy-Thursdays at 11:30 AM Awareness through movement. This class will teach you about the importance of proper movement techniques. These techniques are done while sitting.

Zumba Gold with Jeannie-Fridays at 9:00 AM Dance to international music while toning the entire body.

Tai Chi with David-Fridays at 10:15 AM An ancient martial art that helps improve balance, relieve stress and pain.



BEADS ARE ON US!

Thanks to a generous volunteer, thousands of beads have been donated.

Viola's Fun with Beads: Last Tuesday of the month

July 25th: 1:00 PM—3:00 PM

This workshop is for beginners to advanced jewelry makers. Bring your jewelry in for repairs and/or purchase handmade beads. Make new items such as necklaces, earrings, and bracelets. You are also welcome to bring in your own beads. There is no cost for this class.



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Upcoming Art Workshop with Jill Nichols

July 6th, 31st and August 8th, 15th
1:00 PM—3:00 PM

This painting workshop is offered to the beginner painter as well as those more advanced. Students will complete a painting from a still life, after watching a demo by the instructor.

Students are welcome to use their own watercolor, oil, acrylic and pastel paints. Please bring brushes, palette and palette knife, rags, paper towels, garbage bag for used towels, container for water/solvent, canvas/paper and odorless solvent for oils.

Jill Nichols teaches at the University of New Haven and Derby Senior Center and holds an MFA in Painting. Her work can be viewed at www.jillnichols.com.



Wednesday, July 26th
at 12:30 PM

Build your own creative terrarium!



Choose between two different layered rock terrariums. Step-by-step instructions are provided, along with fun trivia & raffle prizes.

\$10.00 members / \$15.00 non-members
(includes all supplies)

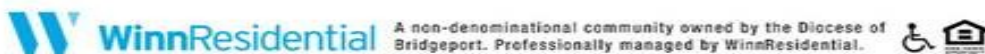
For more information and to RSVP,
please call (203) 452-5137.



INDEPENDENT SENIOR LIVING

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Medical, social, shopping rides and more! The Senior Center provides transportation to Trumbull residents, age 60 and over and/or age 55-59 and disabled, along with their caregivers. Rides are offered Monday thru Friday. Rides are for those traveling to and from the senior center, medical appointments, legal appointments and nutrition programs.

**The Aldrich Contemporary Art Museum
and Prime Burger**

Friday, July 14th

Visit the Aldrich Contemporary Art Museum in Ridgefield. Afterwards, grab a delicious burger from Prime Burger. The cost of an admission ticket to the museum is \$5.00 plus the cost of lunch.

For more information and to RSVP, please stop by the front desk or call (203) 452-5137.

Time Schedule:

- Bus will leave the center by 9:00 AM
- The Aldrich Contemporary Art Museum from 10:00 AM-12:00 PM
- Prime Burger from 12:30 PM—2:00 PM
- Bus will return to the center by 3:00 PM.

**The Yale Peabody Museum and
Lenny and Joe's Fish Tale**

Thursday, July 27th

Join us for an educational trip to the Yale Peabody Museum in New Haven. Enjoy lunch at Lenny and Joe's Fish Tale Restaurant. Please stop by the front desk for a menu. The cost of an admission ticket at the museum is \$9.00 plus the cost of lunch.

To RSVP, please call (203) 452-5137.

Maximum of 14 passengers.

Time Schedule:

- Bus will leave the center by 10:00 AM
- Yale Peabody Museum from 11:00 PM—1:00 PM
- Lenny and Joe's Fish Tale from 1:30 PM—3:00 PM
- Bus will return to the center by 3:30 PM.

Weekly Shopping Trips

- **Thursday, July 6th-Trumbull Mall and Target**
- **Thursday, July 13th-Hawley Lane Shopping Center (Kohl's, Best Buy, Target, Big Y)**

There must be a minimum of 4 passengers per trip.
Maximum of 14 passengers per trip.

Time schedules can range from 10:30 AM—12:30 PM.

For more information and to RSVP, please call 203-452-5137.

Tell us where you want to go!



Regularly Scheduled Shopping

- **Tuesdays: Stop and Shop**

Stern Village Residents

- **Wednesdays: Stop and Shop**

Last Tuesday & Wednesday of the each month: ShopRite

Please call 203-452-5137

DAY AND OVERNIGHT TRIPS: *Stop by for detailed trip flyers*

Take a look at our day and overnight trips.

Anyone is welcome; membership or residency not required.

Driver tips and all amenities are included in the price.

Email Ashley Grace with any questions. Agrace@trumbull-ct.gov.

Coins & Claws Lobster & Casino! Mohegan Sun Casino

Getaway Tours

Date: July 6th

Cost: \$69.00 Per Person

Includes: Transportation, Lunch at
Abbott's, Casino Bonus Package,
Driver's Gratuity



Saratoga Off to the Races

Getaway Tours

Date: August 3rd

Cost: \$71.00

Includes: Transportation,
Grandstand Admission, Reserved
Seating, Driver's Gratuity



Block Island Breeze *Tours of Distinction*

Date: August 14th

Cost: \$122.00 Per Person

Includes: Transportation, Roundtrip
Ferry, Guided Tour of the Island,
Lunch at the National Hotel,
Taxes and Gratuities



More Upcoming Trips:

- **9/11 Memorial and Museum**—September 6th
- **The Big E**— September 20th
- **Oktoberfest**—October 19th
- **Radio City Christmas Show in NYC**—November 17th.
- **Brooklyn's Holiday Lights**—December 4th
- **An Amish Christmas Getaway featuring "The Miracle of Christmas" at Sight & Sound** —December 6th-8th
- **Boars Head Feast at the Williams Inn**—December 12th



Ask us about

Tours of Distinction's Customer Rewards Program:

Buy 3, get 1 free day trip.

*For more information about certain trips, please stop by the Center
for a flyer and/or call (203) 452-5137 and reference which trip you
may be interested in.*

Over Night Trips with

Collette Tours

Tour: Discover Switzerland, Austria
& Bavaria

Departing: Thursday, April 12th,
2018

Returning: Saturday, April 21st,
2018

Double: \$3,799.00

Single: \$4,099.00

Tour: Albuquerque Balloon Fiesta
Departing: Thursday, October 11th,
2018

Returning: Tuesday, October 16th,
2018

Triple: \$2,649.00

Double: \$2,679.00

Single: \$3,379.00



News from Social Services

What Does Social Services Do?

- Home Care Referrals
- Housing referrals and application assistance
- Long Term Care questions
- Medicare Counseling
- Benefit assistance such as SNAP, Medicaid, Energy, and prescription assistance
- Food Pantry assistance

Bring your questions, ask us if we can help you or someone you know.

Would you like to help a family with home heat, groceries, or emergency housing?

Donations can be made to the Social Services Department. 100% of all donations made to the Social Services Department are used solely to assist Trumbull residents with heating assistance, food shopping, and emergency housing. Trumbull is an exceptional place to live, with many residents always willing to lend a hand !

Medicare Savings Program

Would you like help with your Medicare costs?

You could be eligible for the Medicare Savings Program. If your income is at or below \$2,435.40/month for single person and \$3,284.10/month for married couples, some of your Medicare premiums and prescription costs could be at a lower cost or free. There is no asset limit. Depending on the level of the program you qualify for, you could get help with:

- Payment of Medicare Part B monthly premiums and annual deductible
- Payment of co-insurance and deductible amounts for services covered under both Medicare Parts A and B.
- Automatic enrollment in the low income subsidy for those on Medicare Part D. This program will partially subsidize or completely cover your Medicare Part D premium and lower your prescription costs to just \$2.95-\$7.40. There is also continued coverage through the “donut hole.”

ELDERLY AND TOTALLY DISABLED RENTER’S RELIEF PROGRAM:

ELIGIBILITY REQUIREMENTS:

Applicant must be age 65 or 100% Disabled (18+) older as of December 31, 2016

(**Current proof of disability from Social Security must be provided****)**

Applicant must have been a renter in Connecticut during 2016.

ANNUAL INCOME GUIDELINES: SINGLE COUPLE: \$35,200.00 COUPLE: \$42,900.00 (Cannot Exceed)

PROOF OF INCOME FOR 2016:

- 1) Social Security benefit statement for 2016 (1099) form
- 2) Bank interest statement and dividends for 2016
- 3) Pension Statement for 2016
- 4) Federal Tax Return for 2016 if filed
- 6) Any and all income from 2016 taxable or non-taxable

If you need proof of Social Security benefits, you can get a benefit verification letter by calling 1-800-772-1213 (this will take 10 days) or register online at www.socialsecurity.gov and create an account where you can then print a benefits verification letter.

**Trumbull Food Pantry at Priscilla Place. Please call for inquiries.
Transportation is available for pantry shoppers. Call 203-452-5137**





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 Funeral Home**
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 203-373-1013

July

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>The Senior Center will be closed.</p> 	<p>4</p> <p>The Senior Center will be closed.</p>	<p>5</p> <p>9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Magic Mike 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards</p>	<p>6</p> <p>9:00 Balance & Core 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:30 Computer Tutor 11:30 Feldenkrais 1:00 Art with Jill Nichols 6:00 Meditation</p>	<p>7</p> <p>9:00 Dance & Tone 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game</p>
<p>10</p> <p>9:00 Stretch 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga</p>	<p>11</p> <p>9:00 Wellness Nurse 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan</p>	<p>12</p> <p>9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Magic Mike 11:00 Tap Dance 12:30 Pinochle 1-4 Billiards</p>	<p>13</p> <p>9:00 Balance & Core 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:30 Computer Tutor 10:30 Strength Training 11:30 Feldenkrais</p>	<p>14</p> <p>9:00 Dance & Tone 9:00 Aldrich Art Museum 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game</p>
<p>17</p> <p>9:00 Stretch 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga</p>	<p>18</p> <p>9:00 Wellness Nurse 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1:30 Tai Chi Quan</p>	<p>19</p> <p>9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Magic Mike 11:00 Tap Dance 11:30 Trumbull Pharmacy 12:30 Pinochle 1-4 Billiards Game</p>	<p>20</p> <p>9:00 Balance & Core 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:30 Computer Tutor 10:30 Strength Training 11:30 Feldenkrais 12:00 Patriotic Luncheon</p>	<p>21</p> <p>9:00 Dance & Tone 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Monthly Birthday 12:30 Mahjong 12:30 Pinochle 1:00 Bingo 1-4 Billiards Game</p>
<p>24</p> <p>9:00 Stretch 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 12:45 Line Dance 2:00 Yoga</p>	<p>25</p> <p>9:00 Wellness Nurse 9:15 Fit for Life 9:30 Water Colors 10:00 Knit/Crochet 10:30 Ballroom Dance 11:30 Zumba Lessons 12:30 Dominoes 1:00 Beading Class 1:30 Tai Chi Quan</p>	<p>26</p> <p>9:00 Yoga 9:00 Wellness Nurse 10:00 Poker 10:10 Jazzercise 10:30 Computer Tutor 11:00 Magic Mike 11:00 Tap Dance 12:30 Pinochle 12:30 PlantNite 1-4 Billiards Game</p>	<p>27</p> <p>9:00 Balance & Core 9:00 Wellness Nurse 9:30 Water Colors 10:00 Slim Approach 10:00 Yale Peabody Trip 10:30 Computer Tutor 10:30 Strength Training 11:30 Feldenkrais</p>	<p>28</p> <p>9:00 Dance & Tone 9:00 AARP Safe Drivers 9:00 Wellness Nurse 10:00 Oil Painting 10:00 Poker 10:15 Tai Chi 11:30 Lunch & Movie 12:30 Mahjong 12:30 Pinochle 1-4 Billiards Game</p>
<p>31</p> <p>9:00 Stretch 9:00 Bocce Ball 9:45 Drawing 10:00 Folk Dance 10:00 Poker 10:30 Bridge 10:30 Ancestry/Genealogy 12:45 Line Dance 1:00 Art with Jill Nichols 2:00 Yoga</p>				

Greater Bridgeport Senior Community Café


Trumbull Café 203-378-3086

1% or Skim milk provided
Margarine available

MENU ITEMS
SUBJECT TO CHANGE

July Menu 2017

SUGGESTED DONATION \$3.25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Closed	4 <i>Happy Fourth of July!</i> 	5 Asian Slaw Pork Chow Mein Steamed Rice Stir Fry Vegetables Orange	6 Caesar Salad Penne Pasta with Sausage and Peas in Parmesan Cream Sauce Garlic Bread Tapioca Pudding	7 Cream of Broccoli Chicken and Rice Carrots, Celery, and Onions Pears
10 Mushroom Soup Meatloaf with Gravy Mashed Potato Broccoli Fruit Salad	11 Carrot Soup Chicken Milanese with Tomato Bruschetta Mixed Greens Vinaigrette Blueberry Pie	12 Tossed Salad Beef Bourguignon Egg Noodles Carrots Fruited Jell-O	13 Vegetable Soup Spaghetti and Meatballs Spinach Garlic Bread Pound Cake	14 Mixed Greens Grilled Pork Cutlet with Applesauce Au Gratin Potatoes Brussel Sprouts Chocolate Pudding
17 Pinto Bean Soup Beef Brisket Potato Red Cabbage Fruit Cocktail	18 Caesar Salad Meat Lasagna Broccoli Cake	19 Chicken Soup Roast Loin of Pork Wild Rice Squash Peaches	20 <i>4th of July Picnic</i> Tossed Salad BBQ Chicken Macaroni and Cheese Braised Greens Coconut Custard Pie	21 Onion Soup Chicken Cordon Blue Sweet Potato Green Beans Honeydew
24 Field Greens Stuffed Cabbage Rice Sugar Snap Peas Apricots	25 Cauliflower Soup Pork Scaloppini Marsala Risotto Sautéed Spinach Pineapple	26 Potato Leek Soup Cavatelli with Veal Ragout Peas Butterscotch Pudding	27 Tossed Salad Orange Glazed Chicken Roasted Potatoes Cauliflower Banana Cake	28 Pea Soup Garlic Lime Beef Mashed Potato Mixed Vegetables Cantaloupe
31 Navy Bean Soup Pork Roast with Mustard Sauce Yams Squash Fresh Orange	